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## **ABSTRACT**

In one embodiment the invention comprises a method of communication utilizing the Internet which includes receiving on a server an e-mail message transmitted from a first computer, which email includes a request to the intended recipient of the e-mail for a return telephone call to a telephone number designated in the e-mail, and including in the e-mail transmission the address of a gatekeeper for providing the address of a gateway through which a telephone call originated on a computer of the intended e-mail recipient may be routed to the public switched telephone network and to the telephone number designated in the e-mail.